



HEALTHY WEIGHT PLAN DAY 1

BREAKFAST

Oatmeal Breakfast

8 oz. V8® 100% Vegetable Juice

(with breakfast or as a mid-morning snack)

Mix 2 tbsp. raisins and 1 tsp. brown sugar into 1 cup cooked oatmeal; top with ¼ cup flavored light yogurt

LUNCH

Grilled Chicken & Pasta Salad

2 cups leafy salad greens

½ cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)

2 oz. grilled skinless chicken breast

¼ cup cooked pasta, 2 tbsp. kidney or garbanzo beans

2 tbsp. light Italian dressing

½ cup grapes

SNACK

Veggie Snack

½ cup each carrot and celery sticks

DINNER

Take-Out Turkey Sub & Chips

6" sub roll filled with 2 oz. sliced turkey breast ½ cup total vegetables (shredded lettuce, tomato, green pepper and onion) and 1 tbsp. mustard

1 oz. baked potato chips

SNACK

Fruity Frozen Yogurt Shake

Blend together ¼ cup fat-free milk, 1½ cups vanilla fat-free frozen yogurt, and ¼ cup sliced strawberries

Calculated Nutrition: 1250 Calories, Total Fat 16g, Saturated Fat 3g, Cholesterol 101mg, Sodium 1550mg, Total Carbohydrates 204g, Dietary Fiber 19g, Protein 74g



HEALTHY WEIGHT PLAN DAY 2

BREAKFAST

Cereal Breakfast

8 oz. Essential Antioxidants V8® Vegetable Juice

(with breakfast or as a mid-morning snack)

1 cup ready-to-eat whole grain cereal

1 small banana, sliced

1 cup fat-free milk

LUNCH

Tuna Fish Salad

2 cups leafy salad greens

½ cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)

2 oz. tuna fish canned in water, low sodium, drained

1 tbsp. olive oil, 1 tbsp. balsamic vinegar

1 small whole grain roll (1 oz.)

SNACK

Chocolate Pudding

4 oz. cup fat-free chocolate pudding snack

DINNER

Tomato Soup & Grilled Cheese

1 cup prepared *Campbell's® Healthy Request®* Tomato soup

2 slices *Pepperidge Farm®* Stone Ground 100% Whole Wheat bread

2 oz. low-fat American cheese

2 medium slices tomato

2 tsp. soft light margarine

SNACK

V8 V-Fusion®

8 oz. V8 V-Fusion® Strawberry Banana juice

Calculated Nutrition: 1200 Calories, Fat 30g, Saturated Fat 7g, Cholesterol 38mg, Sodium 1939mg, Total Carbohydrates 186g, Dietary Fiber 17g, Protein 52g



HEALTHY WEIGHT PLAN DAY 3

BREAKFAST

On-the-Go Breakfast Bar

8 oz. Low Sodium V8® Vegetable Juice
(with breakfast or as a mid-morning snack)
1 breakfast cereal bar (≤160 calories)
6 oz. flavored light yogurt

LUNCH

Chicken Noodle Soup & Open-faced Turkey Sandwich

1 cup prepared *Campbell's® Healthy Request®* Chicken Noodle soup
Spread 1 slice *Pepperidge Farm®* 100% Natural Whole Grain bread with 2 tsp. light mayonnaise; Top with 2 oz. sliced turkey breast, 2 slices tomato and ¼ cup sprouts.
1 small orange

SNACK

Pineapple

1 snack container (4 oz.) pineapple chunks

DINNER

Veggie Pasta

1 cup cooked whole wheat pasta topped with ½ cup *Prego®* Tomato, Basil & Garlic pasta sauce, ½ cup total vegetables (cooked mushrooms, onions, peppers), and ⅓ cup shredded part skim mozzarella cheese.

SNACK

Cottage Cheese & Almonds

½ cup low-fat cottage cheese
½ oz. almonds (12 whole almonds)

Calculated Nutrition: 1194 Calories, Total Fat 29g, Saturated Fat 8g, Cholesterol 86mg, Sodium 2102mg, Total Carbohydrates 169g, Dietary Fiber 24g, Protein 74g



HEALTHY WEIGHT PLAN DAY 4

BREAKFAST

Fruited English Muffin

8 oz. Low Sodium V8® Vegetable Juice
(with breakfast or as a mid-morning snack)
1 whole grain English muffin, toasted and topped with 2 tsp. light margarine and 2 tsp. sugar-free jelly.
1 cup fat-free milk

LUNCH

Chicken Caesar Salad

2 cups romaine lettuce
2 tbsp. grated Parmesan
½ cup cooked pasta
2 oz. sliced, grilled skinless chicken breast
2 tbsp. reduced-calorie Caesar dressing
1 small apple

SNACK

Graham Crackers

3 square graham crackers

DINNER

Chili & Vegetables

Campbell's® 2-Bean Chili*
½ cup steamed carrots and broccoli

SNACK

Fruit & Yogurt

Stir ½ cup blueberries into 6 oz. flavored light yogurt.

Calculated Nutrition: 1215 Calories, Total Fat 28g, Saturated Fat 9g, Cholesterol 116mg, Sodium 1957mg, Total Carbohydrates 169g, Dietary Fiber 23g, Protein 77g

*Calculated nutrition does not include toppings listed in *Campbell's®* 2-Bean Chili recipe.



HEALTHY WEIGHT PLAN DAY 5

BREAKFAST

Peanut Butter & Banana Bagel

8 oz. Spicy Hot V8® Vegetable Juice

(with breakfast or as a mid-morning snack)

½ large whole wheat bagel topped with 1 tbsp. peanut butter and 1 small sliced banana.

LUNCH

Turkey Salad

2 cups leafy salad greens

½ cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)

2 oz. sliced turkey breast

2 tbsp. kidney or garbanzo beans

1 tbsp. olive oil, 1 tbsp. balsamic vinegar

SNACK

Fruit & Cheese

1 small orange

1 oz. mozzarella cheese stick

DINNER

Veggie Pizza & Salad

1 slice (⅛ of 16") thin crust cheese pizza topped with extra veggies: ¼ cup cooked mixed vegetables

2 cups shredded romaine lettuce, ½ cup total vegetables (cucumber, tomato, peppers), 2 tbsp. light Italian dressing

SNACK

Cottage Cheese & Almonds

½ cup low-fat cottage cheese

½ oz. almonds (12 whole almonds)

Calculated Nutrition: 1222 Calories, Total Fat 44g, Saturated Fat 12g, Cholesterol 80mg, Sodium 2010mg, Total Carbohydrates 151g, Dietary Fiber 19g, Protein 62g



HEALTHY WEIGHT PLAN DAY 6

BREAKFAST

Egg Breakfast Sandwich

8 oz. Low Sodium V8® vegetable juice

(with breakfast or as a mid-morning snack)

1 toasted Pepperidge Farm® *Deli Flats*® Soft 100% Whole Wheat Thin Roll

1 egg or 2 egg whites scrambled using vegetable cooking spray

1 medium tomato slice

LUNCH

Chicken Rice Soup & Hummus

1 cup prepared *Campbell's*® *Healthy Request*® Chicken Rice soup

¼ cup plain hummus

½ cup each sliced carrot & sliced cucumber

1 cup non-fat milk

SNACK

V8 V-Fusion®

8 oz. V8 V-Fusion® Pomegranate Blueberry juice

DINNER

Fast Food Burger

1 regular fast food hamburger

1 garden side salad

3 tbsp. low-fat Italian dressing

SNACK

Milk & Fruit

1 cup fat-free milk

1 small banana, sliced

Calculated Nutrition: 1198 Calories, Total Fat 30g, Saturated Fat 8g, Cholesterol 263mg, Sodium 2337mg, Total Carbohydrates 180g, Dietary Fiber 21g, Protein 62g



HEALTHY WEIGHT PLAN DAY 7

BREAKFAST

Blueberry Waffles

8 oz. Essential Antioxidants V8® 100% Vegetable Juice
(with breakfast or as a mid-morning snack)

2 whole grain waffles (4" diameter each) topped with
2 tsp. light margarine, 2 tbsp. light syrup, and ½ cup
blueberries
1 cup fat-free milk

LUNCH

Vegetarian Salad

2 cups leafy salad greens
½ cup total chopped raw vegetables
(cucumbers, tomatoes, green peppers, onions and carrots)
¼ cup cooked pasta
2 tbsp. kidney or garbanzo beans
¼ cup peas and/or corn
2 tbsp. shredded cheddar cheese
1 tbsp. olive oil, 1 tbsp. vinegar

SNACK

Pineapple

1 snack container (4 oz.) pineapple chunks

DINNER

Chinese Take-Out

Steamed entrée:

1 cup steamed vegetables
3 oz. steamed sliced chicken breast
1 cup steamed rice (brown or white)
1 tbsp. light soy sauce

SNACK

Fruit & Yogurt

6 oz. flavored light yogurt topped with ¼ cup strawberries

Calculated Nutrition: 1247 Calories, Total Fat 40g, Saturated Fat
11g, Cholesterol 169mg, Sodium 2165mg, Total Carbohydrates
157g, Dietary Fiber 17g, Protein 69g



HEALTHY WEIGHT PLAN DAY 8

BREAKFAST

Egg Breakfast

8 oz. Low Sodium V8® Vegetable Juice
(with breakfast or as a mid-morning snack)
1 egg or 2 egg whites scrambled using vegetable cooking
spray topped with 2 tbsp. cheddar cheese.
1 slice toasted Pepperidge Farm® Stone Ground 100%
Whole Wheat bread topped with 2 tsp. soft light
margarine
1 cup fat-free milk

LUNCH

Minestrone Soup

1 serving *Campbell's® Select Harvest®* Light Minestrone
with Whole Grain Pasta soup
5 whole grain crackers
½ cup carrot and celery sticks with
1 tbsp. light ranch dressing for dipping

SNACK

Yogurt

6 oz. flavored light yogurt
1 small apple

DINNER

Fine Dining

3 oz. grilled salmon
1 medium baked potato
1 tsp. light margarine
½ cup steamed broccoli

SNACK

Popcorn

3 cups plain popcorn, air-popped

Calculated Nutrition: 1218 Calories, Total Fat 39g, Saturated Fat
10g, Cholesterol 291mg, Sodium 1603mg, Total Carbohydrates
154g, Dietary Fiber 24g, Protein 63g



HEALTHY WEIGHT PLAN

A Note on Beverages...

Drinking at least 8 glasses of fluid each day is important for good health and can also help with weight loss. Not all eating occasions on the V8® Healthy Weight Plan contain a beverage. It's a good idea to include one with every meal. Below is a list of acceptable beverages for meal times, or whenever you want something to drink.

BEVERAGE CHOICES ON THE V8 HEALTHY WEIGHT PLAN

Unlimited servings per day:

- Water, tap or spring
- Diet soft drink
- Carbonated, mineral or seltzer water
- Club Soda
- Other beverages with less than 5 calories per serving

Limited to a total of 3 servings per day:

- Diet V8 Splash® Juice Drink
- Coffee or tea with low-calorie sweetener and/or 1 Tbsp. low-fat or fat-free milk
- Other beverages with less than 20 calories per serving.

WOULD YOU LIKE TO ADD MORE FOOD TO THIS PLAN?

You can add any of these low calorie options to your meals or your between meal snacks.

- 1 cup lettuce, salad greens
- 1 cup of raw spinach
- 1 stalk celery
- Radishes
- Wine vinegar
- Balsamic vinegar
- Herbs and spices



HEALTHY WEIGHT PLAN

Campbell's Kitchen Recipes

Try these delicious recipes to help manage your weight.

DIET V8 SPLASH® FUNSICLES

Prep Time: 10 minutes

Freeze Time: About 4 hours

Ingredients:

- 1 cup vanilla no-sugar-added ice cream
- 6 (3-oz.) plastic cups
- 6 craft sticks
- 1 ½ cups V8 Diet Splash® Tropical Blend, Berry Blend or Strawberry Kiwi

Directions:

PLACE a small scoop 2 heaping tbsp. ice cream into each plastic cup. Insert a craft stick.

FILL almost to top with tropical blend. Freeze until firm. Makes 6.

TIP: To remove funksicles easily from cups, let stand at room temperature a few min. Or place under cold running water for a few seconds.

For Fruity V8 Diet Splash® Funksicles, add frozen or fresh blueberries to cups.